

Table 6. Overweight and Obesity, Montana Adults with and without Disability, 2001 and 2003
(with 95% confidence intervals)

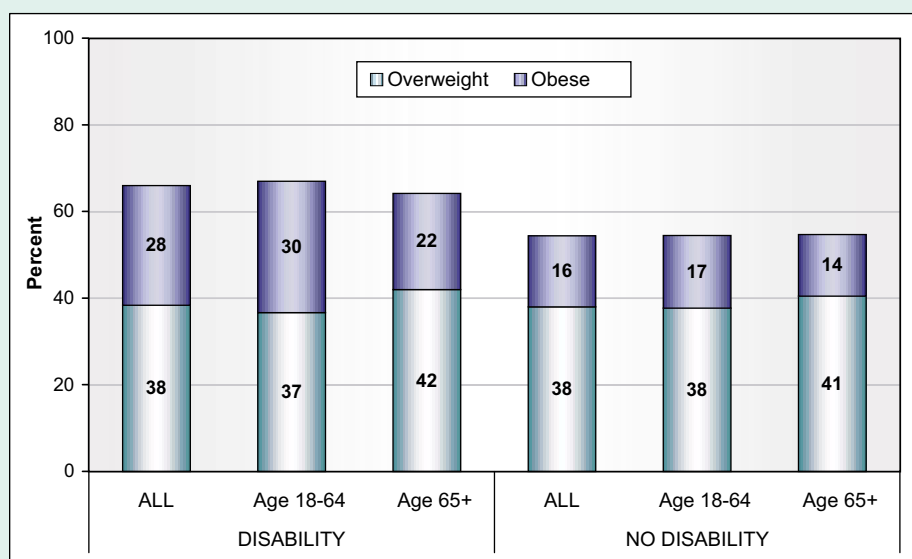
Overweight*						
	Total No.	2001 %	CI	Total No.	2003 %	CI
All Adults	3202	38.0	35.6-40.4	3854	38.1	35.9-40.3
Adults with Disability	711	36.1	31.2-41.0	921	38.4	34.1-42.7
Age 18-64	479	31.5	25.8-37.2	613	36.7	31.4-42.0
Age 65+	232	47.4	38.6-56.2	303	42.0	34.6-49.4
Adults without Disability	2487	38.5	35.8-41.2	2887	38.0	35.6-40.4
Age 18-64	2006	38.6	35.7-41.5	2333	37.7	35.0-40.4
Age 65+	477	37.8	32.1-43.5	539	40.5	35.0-46.0
* Overweight: $25 \leq \text{BMI} < 30$						
Obese*						
	Total No.	2001 %	CI	Total No.	2003 %	CI
All Adults	3202	18.8	17.0-20.6	3854	18.8	17.2-20.4
Adults with Disability	711	30.1	25.6-34.6	921	27.6	23.7-31.5
Age 18-64	479	33.7	27.8-39.6	613	30.3	25.4-35.2
Age 65+	232	21.5	14.4-28.6	303	22.2	16.1-28.3
Adults without Disability	2487	15.9	13.9-17.9	2887	16.4	14.6-18.2
Age 18-64	2006	16.0	14.0-18.0	2333	16.8	14.8-18.8
Age 65+	477	15.5	11.0-20.0	539	14.2	10.3-18.1
* Obese: $\text{BMI} \geq 30$						

Healthy People 2010 Objective(s):

- 19-1. Increase the proportion of adults who are at a healthy weight to 60 percent.
- 19-2. Reduce the proportion of adults who are obese to 15 percent.

OVERWEIGHT AND OBESITY – 2003

Figure 8. Prevalence of overweight and obesity, Montana adults – 2003



Obese: BMI ≥ 30
Overweight: $25 \leq \text{BMI} < 30$

Overall:

Two in three (66%) Montana adults with disability were overweight or obese. Among adults without disability, just over half (54%) were overweight or obese.

NOTE: Overweight and obesity are measured by calculating Body Mass Index (BMI) from the respondent's self-reported weight and height. BMI is a ratio of weight to height [kg/m^2 or $(\text{lbs} \times 700)/\text{in}^2$]. See NOTES below.

Overweight adults:

The prevalence of overweight did not differ between adults with and without disability—38 percent of Montana adults were overweight.

The prevalence of overweight did not differ substantially by age category.

NOTE: "Overweight" is defined as BMI greater than or equal to 25 and less than 30.

Obese adults:

Montana adults with disability (28%) were significantly more likely to be obese than those without disability (16%).

Similarly, more adults with disability (4%), than without disability (1%), indicated they were morbidly obese (see NOTE below).

Younger adults with disability were somewhat more likely to report obesity than their older counterparts—30 percent compared to 22 percent respectively.

NOTE: "Obese" is defined as BMI greater than or equal to 30.

"Morbidly obese" is defined as BMI greater than or equal to 40.